

THAT WHICH IS CLAIMED IS:

1. A restraint device for controlling a driver's head during a vehicle collision, comprising:  
a member;  
a tether attached to said member and attached to a helmet; and  
a strap attached to said member and attached to an anchor.
2. The restraint device in accordance with claim 1 wherein said member is positionable adjacent the driver.
3. The restraint device in accordance with claim 2 wherein said member is rigid.
4. The restraint device in accordance with claim 2 wherein said member has a length sufficient to extend from the driver's head to below the driver's shoulder blades.
5. The restraint device in accordance with claim 4 wherein said member includes a first section, wherein at least a portion of the first section is adapted for being positioned behind the driver's head, and a second section, wherein the second section is adapted for being positioned along the driver's back.
6. The restraint device in accordance with claim 1 wherein the anchor is the driver's body.
7. The restraint device in accordance with claim 1 wherein the anchor is the driver's torso.
8. The restraint device in accordance with claim 7 wherein said strap is adapted to encircle the driver's torso.

9. The restraint device in accordance with claim 1 wherein the anchor is the driver's legs.
10. The restraint device in accordance with claim 9 wherein said strap includes a first loop for encircling one of the driver's legs and a second loop for encircling the driver's other leg.
11. The restraint device in accordance with claim 1 wherein the anchor is the vehicle's seat belt assembly.
12. The restraint device in accordance with claim 11 wherein at least a portion of said strap is positioned between the driver's legs when the restraint device is in place on the driver.
13. The restraint device in accordance with claim 11 wherein at least a portion of said strap is positioned over the driver's torso when the restraint device is in place on the driver.
14. The restraint device in accordance with claim 12 wherein at least a portion of said strap is positioned near the driver's waist when the restraint device is in place on the driver.
15. A method for controlling a driver's head during a vehicle collision, including the steps of:
  - providing a member;
  - providing a tether;
  - providing a strap;
  - attaching said tether to said member;
  - attaching said tether to a helmet
  - attaching said strap to said member; and
  - attaching said strap to an anchor.
16. The method of claim 15 further including the step of positioning the member along the driver's back.

17. The method of claim 15 wherein the anchor is from the group consisting of a seat belt assembly, a driver's legs, a driver's waist, a driver's hips, and a driver's torso.
18. The method of claim 15 further including the step of causing said strap to be in tension during a vehicle collision.
19. The method of claim 18 further including the step of causing said tether to be in tension and resisting forward movement of the driver's head relative to the driver's torso, during a vehicle collision.
20. A method for controlling a driver's head during a vehicle collision, including the steps:
  - providing a member having a tether and a strap;
  - positioning the member along the driver's back;
  - attaching the tether to a helmet; and
  - attaching the strap to an anchor, wherein the anchor a seat belt assembly or the driver's body.